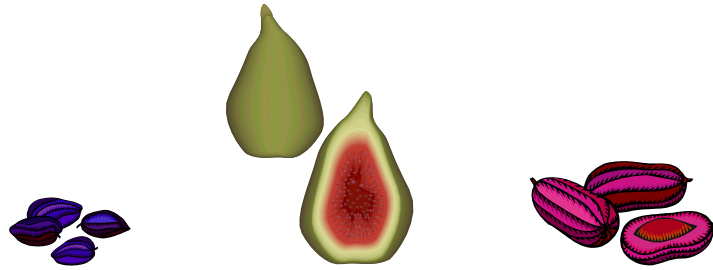


HARVEST OF THE MONTH PRESCHOOL ACTIVITY PACKET



PRUNES, FIGS, DATES & RAISINS December 2008

READ ALOUD BOOKS

Week 1

Grapes to Raisins by Inez Snyder (06-07)
A Story About Raisins by Karen Adler (06-07)

Week 2

How Do You Raise a Raisin? By Pam Munoz Ryan (06-07)
Piggy Figgy Happy by Sterling Johnson
California Fruit Raps by Karen Adler

Materials provided by:

Network for a Healthy California-Merced County Office of Education

Contact us: 209-381-5974 or nnetwork@mcoe.org

Visit us at www.mercednutrition.org

This material is adapted from the California Department of Public Health **Harvest of the Month** tool kit. Principal funding is from the USDA Food Stamp Program through the *Network for a Healthy California*, which is an initiative of the California Department of Public Health. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with limited incomes that can help them buy nutritious foods for a better diet. For information, call 1.888.328.3483.

The Harvest of the Month MCSD Preschool Activity Packet was developed to align with the "Houghton Mifflin (Pre-K) Where Bright Futures Begin" Curriculum used in Merced County. The packets were not designed to be used as a stand alone nutrition curriculum.



HARVEST OF THE MONTH ACTIVITIES

Prunes, Figs, Dates & Raisins

HM Theme 3: "Seasons All Around"/Caring Week 1

Grape to Raisin Sequence (science)

Books: Grapes to Raisins by Inez Snyder
A Story About Raisins by Karen Adler

Objectives:

- Students will describe how a grape becomes a raisin.
- Students will describe how grapes grow.

Supplies:

Props for grape to raisin sequence

Picture cards from Color Me Healthy and Produce for Better Health (old 5 A Day)

Flash Cards of grapes, raisins, plums, dried plums, dates and figs

A Story About Raisins CD

Directions:

1. After reading Grapes to Raisins and A Story About Raisins, show the students the pictures of how the grapes grow, grapes on the brown paper, the sun and the raisins on the tray.
2. Have the students put the pictures in the correct order and describe the process of how a raisin is made.
3. Discuss other dried fruits that they will taste during Food Experience. Show the students the pictures of plums and dried plums, figs and dates.
4. Play the *Rappin' Raisin Song* and *I've Been Workin' On My Grapevine* songs.
5. Teach the students the Grape chant below.

Grape, Grape

Grape, grape

Lying in the sun

You must be hot

And you're not having fun.

Grape, grape

Where did you go?

You once were green

But not anymore.

Grape, grape

With smooth green skin

You now have wrinkles,

Oh-you're a black raisin!

HARVEST OF THE MONTH ACTIVITIES

Prunes, Figs, Dates & Raisins

HM Theme 3: "Seasons All Around"/Caring Week 2

Weighing Grapes and Raisins (Math and Science)

Books: How Do You Raise A Raisin by Pam Munoz Ryan
Piggy Figgy Happy by Sterling Johnson
California Fruit Raps by Karen Adler

Objective:

- Students will estimate whether a raisin or grape weighs more.
- Students will be able to identify dried fruit as a healthy snack.

Supplies:

1 small bunch of Grapes
½ cup of raisins
Scale or balance
California Fruit Raps CD

Directions:

1. Show the students a bunch of grapes and a bowl of raisins.
2. Have them estimate which weighs more.
3. Let the students count out ten grapes and ten raisins. Have the students weigh them and compare the weights. If the scale does not measure just ten, count ten more and keep going until a weight is measured.
4. Discuss the different weights.
5. Discuss why it takes about 4 pounds of grapes to make one pound of raisins.
6. Shared Writing: after reading How Do You Raise a Raisin?, have the students tell you about what they know or what they have learned about raisins.
7. Read the pages on Raisins, Prunes, Dates and Figs from California Fruit Raps and discuss why dried fruits make a healthy snack.
8. Read Piggy Figgy Happy and discuss how figs can be eaten fresh or dried.

FOOD EXPERIENCE

December 2008

Fri 12/5/08

Dried Fruit Taste Test

20 Dried plums

20 Mission (black) figs

1 cup Black Raisins

10 Calimyrna (green) figs, cut in half

20 Dates

1 cup Golden Raisins

Directions:

1. Show the children what the dried fruit looks like. Use picture cards to match the dried fruit to its original fresh fruit. Place a dried plum, a date, and a few raisins (black and golden) on each plate.
2. Slice the dried figs in half. Show the children the different varieties, noting colors, size, and how/where they grow. Place one half of each variety on each child's plate.
3. Allow each child to taste the different varieties and discuss the taste (which one is the sweetest), smell (which one smells the best?), color, and texture (soft, crunchy, mushy) of the fruit.

Makes 20 Taste Tests

Developed by *Network for a Healthy California-Merced County Office of Education*

Fri 12/12/07

PB and PB sandwich (peanut butter and plum/banana sandwich)

10 slices of 100% whole wheat bread, sliced in half

20 dried plums

20 slices of bananas

10 teaspoons peanut butter

Directions:

1. Place $\frac{1}{2}$ of a bread slice on each student's plate.
2. Place a $\frac{1}{2}$ teaspoon of peanut butter on each plate, and have the student spread it on the bread.
3. Place one slice of dried plum and one slice of banana on each plate.
4. Have the student place the dried plum and banana on the peanut butter and fold the bread in half to make a mini sandwich.
5. Explain to the students that the dried plum is so sweet they don't need jelly on their peanut butter sandwich!

Makes 20 taste tests

Recipe adapted from: California Dried Plums www.californiadriedplums.org